

Only YOU can help prevent Asian tiger mosquitoes and the Zika Virus!



Zika virus may potentially be transmitted by the Asian tiger mosquito which is the most common nuisance mosquito in Virginia.

Asian tiger mosquitoes breed (lay their eggs) only in containers of water and DO NOT come from ponds, puddles, ditches, or swamps.

Elimination of artificial containers of water on your property is the main method of tiger mosquito prevention.



### Health Department Locations

Henry-Martinsville Health Dept.  
295 Commonwealth Blvd.  
Martinsville, VA 24112  
Phone: (276) 638-2311

Franklin County Health Dept.  
365 Pell Avenue  
Rocky Mount, VA 24151  
Phone: (540) 484-0292

Patrick County Health Dept.  
106 Rucker Street  
Stuart, VA 24171  
Phone: (276) 693-2070

### Times of Operation

Our Health Departments  
are open  
8:00 a.m. to 4:30 p.m.  
Monday through Friday.  
We are closed for State holidays.

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
*Protecting You and Your Environment*

[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

West Piedmont Health District  
295 Commonwealth Blvd.  
P.O. Box 1032  
Martinsville, VA 24114

Phone: 276-638-2311  
Fax: 276-638-3537

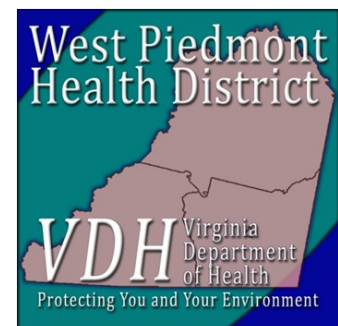
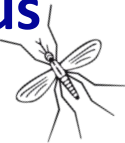
<http://www.vdh.virginia.gov/LHD/westpied/index.htm>



**#FIGHTTHEBITE**



**Tips for preventing  
Asian Tiger  
Mosquitoes  
and the Zika Virus**





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## TIP AND TOSS

Mosquitoes live in standing water around your home

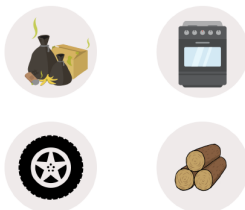


The bite of an infected mosquito can cause disease. Get rid of them by...

**TIPPING** over things that hold standing water



**TOSSING** trash and debris in your yard that can collect water



Other common backyard mosquito sources to look out for include:

Fountains and birdbaths, rain gutters, uncovered boats, ponds, baby pools, swing sets, and pet bowls.



#FIGHTTHEBITE

## DRESS AND DEFEND

To protect yourself against mosquito bites that can cause diseases like Zika, West Nile and Dengue, follow these tips:



**Use Insect Repellent**

Apply before going outside

Reapply as directed usually every few hours

Brands to look for: Off!, Cutter, Sawyer, Ultrathon

Ingredients: Deet, Picaridin, IR3535



**Cover Up**

Wear light colors

Wear long sleeves and pants if possible

Buy permethrin-based product to treat your own (Read and follow all label instructions)



**Use Mosquito Net**

Cover crib, strollers, and baby carriers with mosquito netting



**Use Insect Repellent**

Apply to child before they go outside and reapply every few hours

Adults: Spray on hands and then apply to child. Do not spray onto child's hands, eyes, mouth, or irritated skin

Do not use mosquito repellent on babies younger than 2 months of age



**Cover Up**

Dress your child in light colored clothing that covers their arms and legs